



DINE for LIFE*

In the Community 2008-2009

The DINE for LIFE community nutrition program provides nutrition education in various community settings throughout Durham County. Settings include community centers, housing developments, transitional homes, schools, child care centers, community gardens, senior centers, and food pantries. Workshop topics are tailored to the needs and interests of the audience. Topics taught include MyPyramid, Eating Healthy on the Run, Eating Right when Money is Tight, Kid Friendly Meals, Heart Health, Food Safety, and Label Reading. Most workshops include cooking demonstrations and/or taste tests of healthy alternatives to traditional favorites.



The DINE for LIFE community nutrition program also:

- Participates in health fairs and community events.
- Conducts focus group sessions and community surveys.
- Provides the "Alive!" newsletter to over 13,000 SNAP households on a quarterly basis.
- Develops bus ads, bulletin boards, and other forms of media outreach.
- Provides handouts, educational reinforcements, and answers general nutrition questions at a local health clinic.
- Provides taste tests at food pantries to demonstrate healthy ways to use the foods provided.
- Collaborates with a local community garden to provide workshops on growing and cooking vegetables.

DINE for LIFE Participant Feedback, 2008-2009

Changes participants plan to make due to classes:

- I plan to change my way of shopping. Buying frozen (vegetables) is healthy for my family.
- (I plan to) Begin with breakfast and eat healthier. Use food groups where I can be reminded when planning meals.
- I plan to buy frozen vegetables and cut down on meat.
- Not to drink so many sodas.
- I want to practice eating balanced meals.

Participants learned:

- How much sugar is in soda.
- How to save and eat healthy.
- I really like the class the way it is because I believe everyone learned something new.
- I learned that a lot of things that we thought was good for us aren't really good at all.
- What size plate I should be eating.



Community Outcomes after Participating in a DINE for LIFE Program, 2008-2009:

- **ALIVE! Newsletter**
 - 87% of respondents were pleased with the newsletter.
 - 43% of respondents indicated positive changes had been made.
 - 42% of respondents reported trying recipes provided.
- **Nutrition Education: Workshops**
 - 97% of participants surveyed stated they learned something new.
 - 91% of participants surveyed stated they will make changes due to the workshop.

* DINE for LIFE:

Durham's Innovative Nutrition Education for Lasting Improvements in Fitness and Eating



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